

MAIN POOL

M A R C H 2 0 2 5



MON TUES WED THUR FRI SAT SUN

7am-11:45am
Open Swim
 Lap Lanes Open
 Pirate Ship Closed
 Safety break @ 8:45am
12pm-1pm
 Pirate Ship Open
 Lap Lanes Closed

1pm-4:30pm
MAINTENANCE

4:30pm-5:45pm
Open Swim
 Pirate Ship Open
 Lap Lanes Closed

6pm-7pm
Water Fitness
 Participants only

7pm-8pm
Open Swim
 Lap Lanes Open
 Pirate Ship Closed

7am-8:45am
Open Swim
 Lap Lanes Open
 Pirate Ship Closed

8am-10am
Water Fitness
 1st class: 8am-8:45am
 2nd class: 9am-10am

10am-12pm
Open Swim
 Pirate Ship Closed
 Lap Lanes Open
 Safety break @ 11:45am

12pm-1pm
Open Swim
 Pirate Ship Open
 Lap Lanes Closed

1pm-4:30pm
MAINTENANCE

4:30pm-5:45pm
Open Swim
 Pirate Ship Open
 Lap Lanes Closed

6pm-7pm
Swim Lessons
 CLOSED

7:05pm-8pm
Open Swim

7am-11:45am
Open Swim
 Lap Lanes Open
 Pirate Ship Closed
 Safety break @ 8:45am

12pm-1pm
 Pirate Ship Open
 Lap Lanes Closed

1pm-4:30pm
MAINTENANCE

4:30pm-5:45pm
Open Swim
 Pirate Ship Open
 Lap Lanes Closed

6pm-7pm
POWERSwim
 Participants only
 Lap Lanes Area

6pm-8pm
Open Swim
 Lap Lanes Closed during
 POWERSwim
 Pirate Ship Closed

7am-8:45am
Open Swim
 Lap Lanes Open
 Pirate Ship Closed

8am-10am
Water Fitness
 1st class: 8am-8:45am
 2nd class: 9am-10am

10am-12pm
Open Swim
 Pirate Ship Closed
 Lap Lanes Open
 Safety break @ 11:45am

12pm-1pm
Open Swim
 Pirate Ship Open
 Lap Lanes Closed

1pm-4:30pm
MAINTENANCE

4:30pm-5:45pm
Open Swim
 Pirate Ship Open
 Lap Lanes Closed

6pm-7pm
Swim Lessons
 CLOSED

7:05pm-8pm
Open Swim

7am-7:45am
Open Swim
 Lap Lanes Open
 Pirate Ship Closed

8am-8:45am
Water Fitness
 Participants only

9am-10am
Swim Lessons
 Participants //
 Limited Features

10am-4:45pm
Open Swim
 Pirate Ship 10am-1pm
 All Features 1pm-4:45pm
 Safety breaks @
 11:45am, 1:45pm & 3:45pm

5pm-5:45pm
Swim Lessons
 Participants //
 Limited Features

6pm-8pm
Open Swim
 Pirate Ship Open

8am-8:45am
Open Swim
 Lap Lanes Open

9am-10:20am
Open Swim
 Lap Lanes Open

10:20am-11am
Swim Lessons
 CLOSED

11am-3:30pm
Open Swim
 All Features //
 No Lap Lanes
 Safety breaks @
 11:45am & 1:45pm

Safety Breaks
 *Scheduled 15-min safety breaks will occur

8:45am **3:45pm**
11:45am **5:45pm**
1:45pm

Pool GroupEx

Mondays - **Water Fitness @ 6pm** with Monika [Main Pool]

Tues/Thurs - **Water Fitness @ 8am & 9am** with Bobbi [Main Pool]

Wednesdays - **Aqua Tone @ 11am** with Janique [Therapy Pool]

PowerSwim @ 6pm with Josh [Lap Lanes]

Aqua Zumba @ 6pm with Janessa [Therapy Pool]

Fridays - **Water Fitness @ 8am** with Janique [Main Pool]

THE THERAPY POOL

M A R C H 2 0 2 5



MON

7am-1pm
Adult Swim
Safety breaks @ 8:45am
& 11:45am

1pm-2:30pm
**Parkview Medical
Rehabilitation**
CLOSED

**2:30pm-4:30pm
MAINTENANCE**

4:30pm-8pm
Adult Swim
Safety break @ 5:45pm

TUES

7am-9:45am
Adult Swim
Safety break @ 8:45am

9:45am-11:15am
**Parkview Medical
Rehabilitation**
CLOSED

11:15am-1pm
Adult Swim
Safety break @ 11:45am

**1pm-4:30pm
MAINTENANCE**

4:30pm-5:45pm
Swim Lessons
CLOSED

6pm-8pm
Adult Swim

WED

7am-10:45am
Adult Swim
Safety break @ 8:45am

11am-11:45am
Aqua Tone
PARTICIPANTS ONLY

12:00pm-1pm
Adult Swim

1pm-2:30pm
**Parkview Medical
Rehabilitation**
CLOSED

**2:30pm-4:30pm
MAINTENANCE**

4:30pm-5:45pm
Adult Swim

6pm-7pm
Aqua Zumba
PARTICIPANTS ONLY

7:05pm-8pm
Adult Swim

THUR

7am-9:45am
Adult Swim
Safety break @ 8:45am

9:45am-11:15am
**Parkview Medical
Rehabilitation**
CLOSED

11:15am-1pm
Adult Swim
Safety break @ 11:45am

**1pm-4:30pm
MAINTENANCE**

4:30pm-5:45pm
Swim Lessons
CLOSED

6pm-8pm
Adult Swim

FRI

7am-8pm
Adult Swim
Safety breaks @ 8:45am,
11:45am, 1:45pm, 3:45pm,
5:45pm

5pm-8pm
**Toddlers
Welcome**
AGES 5 & UNDER W/
A GUARDIAN
Safety break @ 5:45pm

SAT

8am-8:45am
Adult Swim

9am-10:10am
Swim Lessons
CLOSED

10:15am-3:30pm
Adult Swim
Safety breaks @ 11:45am
& 1:45pm

SUN

12pm-3:30pm
Adult Swim
Safety break @ 1:45pm

Safety Breaks

*Scheduled 15-min safety breaks will occur daily.

8:45am 3:45pm
11:45am 5:45pm
1:45pm